Local wildlife’s impact on Ocean Beach parks

Which population-control method would you gopher?

Several recreational parks in Ocean Beach give residents an opportunity to exercise their pets and themselves. The parks are also a nourishing home to local wildlife.

Sometimes the presence of this wildlife — at least the ones classified as nuisances — means city intervention using various methods of population control that frequently pit citizen activists and enthusiasts against those who simply want the problem taken care of.

A prominent example of this dilemma is that involving a furry, reclusive creature that takes up residence in OB’s grassy havens — the pocket gopher.

Known for building complex underground tunnel systems, the mass movement work is done by only one gopher per labyrinth. Experts say gophers are solitary and do not like company. A single gopher can be responsible for hundreds of dirt mounds and is frequently blamed for destroying parks and gardens, killing trees, plants and shrubbery:

Their vegetarian diet consists only of roots from trees, shrubs and grass, as well as flowers and other plants.

The furry critters’ destructive eating behavior often leads to bringing categorized as rodents or pests. Gophers are easily identified by their long front teeth, small ears and eyes and very short tails. They usually don’t grow longer than 10 inches in length.

Overseas front legs and teeth are used to push dirt through the tunnels onto the grass above, frequently causing holes and hazards that can seriously injure an animal or jogger.

Parks like Dusty Rhodes, Robb Field, Greater Park and Dog Beach Park all demonstrate signs of gopher intrusion and damage.

CIF postseason matchups yield first-round bye for PLHS

The Point Loma Patriots football team achieved one of its preseason goals by earning a top-four seeding and first-round bye in the upcoming California Interscholastic Federation (CIF) playoffs.

The Dogs emerged from a seeding meeting Nov. 11 with the No. 4 seed among 12 Division III teams that earned playoff spots. The team finished as Western League co-champions (4-0-1) and an overall record of 7-2-1.

While eight of the teams will begin to wage battle Friday Nov. 18, the Pointers will sit it out with No. 1 seed Cathedral Catholic, No. 2 seed St. Augustine and No. 3 seed Olympian and a week to rest up and prepare for future games against the four winners of the Nov. 18 showdowns.

The Pointers’ march to a fifth appearance at Qualcomm Stadium begins

OB planners endorse condo project — with reservations

By TONY DE GARATE | THE BEACON

Some members of the Ocean Beach Planning Board (OBPB) seemed to be saying recently there was something decidedly un-Obelian about a proposal to build a three-story, 29-foot-high, 10-unit condo at the corner of Saratoga Avenue and Abbott Street.

Deciding they had no basis to vote against the project, finding the application to be less restrictive than in most San Diego neighborhoods.

The proposal involves demolishing the existing four buildings on a 20,154-square-foot lot on the north side of the lifeguard tower parking lot. Three of the buildings are apartments with a total of 15 units. The fourth building, a shack-like structure whose most recent tenant was Dempsey’s At Ocean Beach, has been boarded up for several years. It was also the original location of Hodad’s restaurant.

The proposal includes a novel way of complying with Ocean Beach’s controversial and somewhat complicated zoning requirements, which are more restrictive than in most San Diego neighborhoods. Throughout much of Ocean Beach, a developer must limit the total square footage to seven-tenths of the lot size, 25 percent of which must be allocated to enclosed parking unless underground parking is provided.

To achieve underground parking status for three spaces on the Abbott Street side, the architect lowered the

CIF, PAGE 6

PLAYOFF BOUND

The Pointers finish off their season by tying Ursuline Madison and humiliating Serra. Full coverage, pages 8 and 9.

Photo by Bianca Koch I The Beacon

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The 10-day run of the 2011 San Diego Beer Week kicked off at Liberty Station on Nov. 4, much to the delight of beer lovers. Among the notables that day were, from left, District 2 City Councilman Kevin Faulconer, Sam “The Cooking Guy” Zien and Mayor Jerry Sanders. The event ended Nov. 13.

No, they haven’t picked up Balboa Park’s 1,172 acres and moved them to the Peninsula.

But with all the buzz about bypass bridges, two-story parking garages, first-time-ever parking fees and other potentially radical changes, folks here seem keen to keep up on the redevelopment proposals being discussed as the venerable park’s centennial in 2015 approaches.

And that’s why the Peninsula Community Planning Board (PCPB) has called on all interested citizens to attend a forum tonight, Nov. 17, at its regular monthly meeting at 6:10 p.m. at the Hervey/Point Loma Branch Library, located at 1701 Voltaire St.

The debate was sparked by a proposal unveiled in August 2010 by San Diego Mayor Jerry Sanders and Qualcomm co-founder Irwin Jacobs. The vision called for the removal of cars from the Plaza de Panama, the park’s main square. To divert traffic, a new 285-foot-high, 30-foot-wide ramp off the bridge would sprout off the south side of the Cabrillo Bridge and eventually lead to a new 785-square-foot underground structure that would be built in the existing Organ Pavilion parking lot.

Presenting the Jacobs plan will be David Marshall, president of Heritage Architecture and Planning; and Gordon Kortan, principal of ICM Group. Bruce Coons, the PCPB’s newest member and executive director of Save Our Heritage Organisation, will present the leading alternative backed by SOHO.

Jay Schumaker, an architect and PCPB board member, will also present. Each of the three presenters has been allotted 3.5 minutes to speak and five minutes for questions and answers.

In other planning board news:

• Helen Kinnaird is now board chairwoman. Kinnaird, the only candidate nominated at last month’s meeting, had been acting chair since August, following the resignation of Suhail Kahlil.

• Jarvis Ross was selected first vice chairman.

• Coons was selected to serve out the remaining portion of Kahlil’s term as board member, which expires in March. Coons was the only announced candidate.

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El Capitan (3-7 overall, 2-2 in Grossmont Valley League). The Pointers, by virtue of their record, will be the home team for the quarterfinal contest, to be played at San Diego High School’s Balboa Stadium at 7 p.m.

CIF playoff games are played at 7 p.m. on Friday nights, meaning the Pointers will have to travel to play an earned home game on the road. Several years ago, the Pointers were allowed to host these games at Bennie Edwards Stadium on Saturday afternoons.

The playoff bracket is structured so that private school powers Cathedral Catholic and St. Augustine cannot meet until the finals, set for Dec. 5 at 1 p.m., only four days after the semifinal round. The Dons eliminated the Pointers in the same round last season.

For complete playoff schedules for all five football divisions and other sports, see the CIF website: www.cifsds.org/

Maritime Institute puts mastery at fingertips of aspiring captains

BY JOHNNY MCDONALD | THE BEACON

Avast, ye maties. Ready for a 10-day “crash” course in classroom seamanship that is directed toward a pair of captain’s masters bars?

That was the exhausting aim for 15 students recently at the highly successful San Diego Maritime Institute near Shelter Island.

To graduate, these aspiring ship captains had to endure eight hours of classwork each day, an added three hours nightly of homework and 20 hours of study at home on the weekends.

“The Maritime Institute is fully college-accredited to offer a degree in associated applied science degrees in marine transportation and offers over 40 U.S. Coast Guard-approved licensed courses,” said the institute’s president and CEO, Capt. H.G. “Rags” Laragione.

Laragione said the institute is a complete source for the recreational, professional, military and law enforcement professions. The curriculum covers everything from basic maritime rules of the road to upper tonnage licenses. The institute has sent to sea more than 15,000 new captains nationwide, said Laragione.

“It’s for a basic masters license all the way down to the six packs, those little boats that run in the harbor,” Laragione said. “The educational courses have been designed to meet the needs of large yachts, small charters, recreational and sport fishing boats.”

He said the minimum class is for a masters license but there are longer sessions for those seeking a third mate’s license to qualify for larger 500- to 1,600-ton vessels.

There are seven full-time and three part-time instructors, with another 10 in reserve. Most of the instructors are retired Navy or Coast Guard captains.

“We need the discipline for drills that includes all methods for damage control, like flooding or firefighting,” said Laragione, who is a retired Navy captain. “You must learn every part of a ship.”

The institute has expanded its range in 35 years of operation with private school branches in Bellingham, Wash., and San Rafael. Courses also are offered online.

Laragione was in the inaugural class in 1976. He retired from the Navy in 1991. The school itself was founded by Chief Boatswain Frank Gaines. In retirement, Laragione and his wife bought the school, he said.

Over the years, San Diegans have come to appreciate the Maritime Institute’s support of the waterfront community as a part of the history of the San Diego sportfishing fleet and the generous support of waterfront charities like Make-a-Wish, Challenged America, VA Sports Clinic and the Sea Scouts.

“Our students come from the recreational, commercial, law enforcement and even the military boating communities,” Laragione said. “The most rewarding thing for us is to see how a captain’s license can change the lives of our students and open up all kinds of new opportunities for them.”

In retirement, Laragione and his wife went on a five-year cruise to Central America and the Caribbean in their 33-foot sloop. When they returned, they bought the school, he said.

“The institute is located at 1110 Rosedunes St., Suite G. For information, call (619) 225-1783, or visit www.maritimeinstitute.com.
A bank surveillance photo captures an image of the suspected ‘Geezer Bandit’. Believed to have struck a Rosecrans Street bank, among many others since 2009. A $20,000 reward is being offered for information leading to his arrest.

**$20,000 reward offered for ‘Geezer Bandit’ info**

The Federal Bureau of Investigation has announced that a $20,000 reward is being offered for information leading to the arrest and conviction of an elder-ly-looking male who may be responsible for robbing 15 banks in Southern California since August 2009 — including a heist in the Midway District.

The suspect, dubbed the “Geezer Ban- dit,” is described as a 5-foot-10-inch to 6-foot-tall white male, possibly 60 to 70 years old, weighing between 190 to 200 pounds. Witnesses have described his clothing items as including a nary blue-colored blazer, navy or black baseball cap and dark pants. He may also be wearing a mask or rubber gloves as a disguise and is known to carry a revolver pistol in his left hand.

The “Geezer Bandit’s” most recent suspected robbery took place at the Wells Fargo Bank inside the Von’s grocery store in La Jolla on Sept. 30. FBI and local law enforcement also believe he robbed the San Diego National Bank, located at 1075 Rosecrans St., in Janu-ary 2010. Anyone with information about the case is asked to contact the FBI at (858) 565-1255.

**Armed robbers strike Sprint store on Rosecrans**

San Diego police are investigating a case of armed robbery at the Sprint tele-communication store on Rosecrans Street on Nov. 9.

Police said witnesses reported two black males entered the store shortly before 7:30 p.m. and one of the suspects produced a handgun and demanded cash. The suspects then allegedly took up two store employees — one a male work-er in his mid-20s and the other a female employee, also in her mid-20s.

The two suspects then fled with cash, according to police.

The suspects were described as between 25 and 30 years old, wearing grey hooded sweatshirts and something covering their faces.

No one was hurt during the robbery, according to investigators.

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Gophers attended a California Coastal Project was a hard-fought battle for the cars visible from the street. That's been an email from the city vouching for the compliance. He said a planning review special. permitted under San Diego building
Marengo Morton Architects. serve as a play area for the residents, and nectar that extends five feet into the
aerate the soil and helps speed up the animals' positive influence on the local ecosystem. The burrowing helps aerate the soil and helps speed up the formation of new, richer soil by bringing minerals to the surface and mixing plant materials and local waste into it—leading to better plant growth.

Not everyone, however, is a gopher fan and not everyone appreciates the destruction resulting from the gopher burrowing. To prevent the local parks from being destroyed, trees and plants are often protected by screen fencing and under-ground netting, bare ground or barriers of six inches of coarse gravel, according to gardening enthusiast Jay Kurka. "The trick is," Kurka said, "to plant annual grains rather than seasonal plants. Their roots don't provide enough food or nutrients to the hungry gopher." Normally, gopher overpopulation is managed with natural predators like coyotes, weasels, large snakes and owls. Only one of these four hunters is a regular in the Ocean Beach area, however—
the white barn owl.

A couple of years ago, white barn owls began nesting between the area of Sunset Cliffs Boulevard and Beacon Street and between Cape May and Del Monte streets. The owls mainly feed on rats and ground squirrels. The owls in contact with," he said. "It definitely do not agree with poison. It pollutes the ocean." "Gophers are here for a purpose," said Richards. "Let nature take its course. I definitely do not agree with poison. It pollutes the ocean." Richard and Richards said they believe relocating the owls would be very beneficial. James Whalen of Ocean Beach also supports a more natural approach to the removal of gophers. "They shouldn't be eradicated, but they definitely need to be controlled," Whalen said. "I got out of hand last year when the main park [Dusty Rhodies/Rhodes Ranch] was overrun with hundreds of gopher holes. People ended up injured from stepping into holes all day long." When Whalen said he doesn't object to relocating owls to the local parks, he sees other natural solutions already taking place. "Inside the dog park [the fenced-in area inside Dusty Rhodies Park], we don't have a problem," Whalen said. "It's self-regulating, our dogs take care of it. They dig them up [the gophers]. Not a day goes by without the dogs catching a gopher or two.

Of course, more traditional methods are being applied by the city in an owl relocation, often becoming the source of local myths as to how gopher control is actually being done. Bray Bingham, director of community parks for the Park and Recreation Department, said city officials are aware of resi- dents concerns over the gopher-control methods being used and sought to set the record straight. "To keep our parks safe for house pets and the public, we apply a very low-level gopher-control pesticide product called 'Gopher Getter 2' at all four [Ocean Beach] parks," Bingham said. "The only difference is in the frequency of applications of the product.

"Dog Beach Park, Robb Field and Dusty Rhodies get treated with the same frequency—one every week," he said. "Centennial Park, on the other hand, only receives an application of that control product once a month. ... In order to keep the most professional and safest handling of the product, a professional applicator contractor has been hired by the city of San Diego to apply the gopher control." Bingham said community parks staff members are available to answer question s or field concerns over the gopher control, and to collect suggestions or ideas about alternate means of nuisance abatement. Residents may call 619-234-8901—a direct line to staff members Mondays through Fridays from 7:30 a.m. to 4:30 p.m.
Rio Peligroso brings roadhouse-style music to Humphrey’s

By BART MENDOZA| THE BEACON

While there are no actual roadhouses in San Diego — tough drinking establishments of the sort with chicken wire in front of the stage and a hot mix of country, rock and R&B on the stage — there are several combinations that could hold their own in such an environment. Such is the case with the quintet Rio Peligroso, which performs at Humphrey’s Backstage Lounge on Nov. 18.

Formed in 2008 by guitarist and singer Michael Rennie (ex-Roxy Monoxide, A.M. Vibe) and bassist David Lizerbram (ex-Kite Flying Society), the band has quickly become a club favorite, playing an eclectic mix of rock, country and alternative cover tunes.

“Our band was an idea, but there is a country lilt to much of their set list,” Rennie said. “We’ve enjoyed every band I’ve played in, but it’s different with this band.” Rennie said. “We’ve had guest harmonica players, guitarists, violinists and keyboard players. The idea was to have a core band that could be supplemented by guests. I’d love to have a huge band — six, eight, 10 members. But it’s hard enough coordinating schedules for the five of us.”

While Rennie has played with many respected bands, he said Rio Peligroso is special to him.

“We’ve had a lot of great musician’s cycle through the band,” Rennie said. “We’ve had guest harmonica players, guitarists, violinists and keyboard players. The idea was to have a core band that could be supplemented by guests. I’d love to have a huge band — six, eight, 10 members. But it’s hard enough coordinating schedules for the five of us.”

Rennie has played with many respected bands, he said Rio Peligroso is special to him.

“We’ve enjoyed every band I’ve played in, but it’s different with this band,” Rennie said. “I always feel like I’m sitting in with this really amazing pick-up band at a backyard barbecue.”

He said he’s particularly happy to play with musicians of this caliber.

“We’ve always heard that the best situation to be in is to be the worst musician in your band — to challenge yourself to greater heights and all that. For better or worse,” Rennie said.

Rio Peligroso performs at 5 p.m. on Friday, Nov. 18, at Humphrey’s Backstage Lounge, 2241 Shelter Island Dr., Shelter Island. For more information visit www.humphreysbackstagelive.com.

From bloomer to stinker: Jury’s votes are in on Harbor Point

By MARINO LAMB| THE BEACON

Harbor Point — initially nominated as an Orchid Award for architecture — instead received an Onion Award for architecture at the Orchids and Onions Awards ceremony Oct. 27.

The annual San Diego Architectural Foundation’s awards program promotes positive and negative community dialogue on architecture, sustainability efforts, interior design, historic preservation and landscape architecture by offering residents the chance to nominate and comment on recently completed or developing projects.

Suzanne Clemmer, 2011 Orchids and Onions Awards co-chair, said jurors scored the Harbor Point project highly in online voting, but after they visited and toured it, the jury found the project was more onionworthy.

Grant Barrett, the awards ceremony’s emcee, explained the jury’s 180-degree flip decision.

“The Orchids and Onions jury determined that this project’s missed opportunities greatly outweighed its merits,” he said. “From the reflective windows on the ground floor disallowing pedestrian engagement to the narrow units that don’t allow for natural cross-ventilation, they found Harbor Point to be a hedgehog of contours, questionable color and material combinations, funny little corners, strangely-shaped balconies and awkward setbacks and overhangs.”

The two-level mixed-use building located at 5055 N. Harbor Drive features a lower-level retail space with a plaza, office and retail space on the building’s upper level.

The nautical design theme includes a ship’s wheel atop a lighthouse-shaped elevator shaft and an ocean-themed mosaic climbing up the main stairway.

“It was clear that although the intention was there and significant resources were spent, at some point during the design process, the message was lost in translation,” Barrett said on behalf of the jury. “An attempt at lengthening the sidewalk experience by bringing people up and into a second-story commercial corridor was plainly unsuccessful.”

...The jury also felt that with commercial space vacancies at an all-time high, we need to be creative, sensitive and forward-thinking when creating a similar product,” he said. “It behooves no one to build things that sit empty because they fundamentally do not function well.”

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Pointers demolish Serra in regular-season league finale

BY SCOTT HOPKINS | THE BEACON

After the Point Loma High School (PLHS) Pointers annihilated Serra’s Conquistadors 61-13 in the season’s final Western League football game Nov. 11, one question remained: did the Pointers save up enough points for the upcoming playoffs?

The Pointers, averaging just more than 22 points per game coming in, nearly tripled that total on a cloudy afternoon.

The Pointers, led by Mathews (seven carries, 104 yards), Agnew (3-14) added to the long list of rushing backs. Jaivon Griffin (11-64) and Jamal Tucker led the team.

Mathews recorded his second touchdown of the day from six yards out after Matt Magers intercepted another errant Serra pass. The Pointers’ drive covered 80 yards in 14 plays for the score that carried into the first minute of the second quarter.

Serra, backed by several nice pass completions and 45 yards of penalties against the Pointers, managed a second-quarter score. But big Dog Jake Wambaugh, a 6-foot, 2-inch, 220-pound sophomore, picked up a failed Conquistadores punt attempt on the next possession and returned it 40 yards to put his team up 28-6.

Then, before halftime, the Pointers covered 53 yards in three plays spanning just 1:06, with quarterback Dirk Lacy racing 69 yards as the Dogs emptied their bench and2:30 p.m. kickoff for the game, the home crowd was treated to a quarter of professional, calm, clear- ly-spoken public address announcing game officials allowed the clock to run, the game ending in near darkness under overcast skies.

It was a busy day for statisticians. The Pointers totaled 449 yards in offense and scored five touchdowns on only 18 plays — an average of 11.8 yards per play. Through the air, Martin completed 14 of 23 passes for 291 yards, two TD’s. Bueno (7-71, 1 TD), Jarvon Griffin (11-64) and Jamal Agnew (5-14) added to the long touchdowns by Lucy and Maes.

Defensively, Ikeem Wright (five tackles, five assists) and Tevin Heyward put constant pressure on two Serra quarterbacks. Greg Verdugo (six tackles, one assist), Steven Arreola (14) bear down on him during the Pointers’ 61-13 victory.

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Through the air, Martin completed all three of his pass attempts for 60 yards. The ground game (389 yards) was led by Mathews (seven carries, 104 yards, two TD’s). Bueno (7-71, 1 TD), Jarvon Griffin (11-64) and Jamal Agnew (5-14) added to the long touchdowns by Lucy and Maes. Defensively, Ikeem Wright (five tackles, five assists) and Tevin Heyward put constant pressure on two Serra quarterbacks. Greg Verdugo (six tackles, one assist), Steven Arreola (14) bear down on him during the Pointers’ 61-13 victory.

Things aren’t looking good for Serra High School quarterback Hunter Correll (No. 14) as Pointers Ikeem Wright (33) and Tevin Heyward (14) bear down on him during the Pointers’ 61-13 victory.

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Pointers spoil Madison’s undefeated record with tie

By SCOTT HOPKINS | THE BEACON

In a rain-soaked Western League showdown Nov. 4, Point Loma High School’s (PLHS) Pointers succeeded in spoiling powerful Madison High’s effort to record an undefeated season. But the Pointers didn’t win, either.

The two teams battled to a 13-13 tie before a small crowd at the new Warhawks stadium complex after the Dogs’ tenacious defense and strong running attack staked the visitors to a 10-0 third-quarter lead. But it didn’t last.

In fact, only a pressure-packed 29-yard field goal by senior kicker Felipe Soares with 17 seconds left in the game prevented the Pointers from losing a game they had led almost all night.

The tie left the Pointers at 6-2-1 (overall 3-0-1 in Western League) while Madison, who entered the game averaging 40 points per game, dropped to 8-0-1 (3-0-1).

The long-awaited game took an unexpected turn when Warhawks all-star quarterback Chase Knox left the game in the first quarter after suffering a dislocated finger. With backup Bo Kaimuloa under center, Madison went to an unproductive up-the-middle running game that the Pointers repeatedly shut down.

Pointers running backs, meanwhile, had picked up significant yardage against the stunned Warhawks, and a Jaivon Griffin 16-yard touchdown run sent the teams to intermission with a 7-0 lead in favor of Point Loma.

Knox reappeared to open the second half for Madison, but was ineffective until Soares’ first field goal of the night gave the Dogs a 10-0 lead with 5:34 left in the third period.

The Pointers again threatened to score, but a 38-yard field goal attempt by Ruben Diaz failed, giving Madison the ball on their own 20.

From here, Madison star running back Pierre Cormier, who had been bottled up all night, broke free for an 80-yard touchdown run, closing the Pointer lead to 10-7. Outside of this run, Cormier carried 15 times for only 14 yards.

After a 26-yard pass completion from Sam Augustine to Matt Magers, the Pointers threatened again after rains resumed in the fourth quarter, but an interception killed that drive.

The Warhawks then made their move, driving to the Pointer 8-yard line where, on a fourth-down play, Knox hit Kaimuloa with a scoring pass. Jon Denae Bailey’s block of the Madison extra point attempt and a desperate Pointer drive set up Soares’ crucial tying field goal.

The Pointers totaled 322 yards in offense, 269 of it on the ground. Griffin (23 carries for 112 yards) led the attack while Morris Mathews’ nine carries for 87 yards included a 49-yard burst. Eric Bueno picked up 46 yards and Branden Martin had 29.

In a strange series of events, an overtime session was agreed upon some 15 minutes after the end of regulation time. The teams had met for handshakes, while game officials left the field and many fans had left the stadium.

During the extra period, the Pointers were driving to the Pointer 8-yard line where, on their own 20, Griffin (23 carries for 112 yards) led the attack while Morris Mathews’ nine carries for 87 yards included a 49-yard burst. Eric Bueno picked up 46 yards and Branden Martin had 29.

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Photo by Nicole Sours Larson | The Beacon

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THE PENINSULA BEACON
THURSDAY · NOVEMBER 17, 2011

BY NICOLE SOURS LARSON | THE BEACON

Talkin’ turkey: don’t be scared off by the bird

During two years at cooking school in Paris — yes, the original Cordon Bleu — one of the few things I never cooked was a turkey, although it provided the centerpiece for a memorable international Thanksgiving feast held at an American student’s apartment, with the 25-pound bird sourced from the American Embassy commissary.

When I returned home to Virginia, where whole turkeys were available year-round, I began experimenting with different methods of cooking turkeys: under foil; in a brown paper bag; in an oven cooking bag; under cheesecloth; high initial heat; even heat. I’ve cooked discounted frozen turkeys, butter-basted turkeys, fresh turkeys and Trader Joe’s pre-brined turkeys and had satisfying results with every method.

Three years ago, I discovered my now-favorite: the super-easy, dry-brined technique. LA Times food editor Russ Parsons calls the “Judy Bird,” after San Francisco chef Judy Rodgers’ chicken-cooking approach.

While it requires planning ahead, this produces a firm, meaty, moist and flavorful bird. The turkey absorbs the salt during its three-day refrigeration, yet isn’t salty. It’s fine to stuff your turkey, but reduce the stuffing’s salt. Most importantly: don’t be intimidated. Just add your favorite side dishes and dessert and you’re good to go.

The dry-brined or ‘Judy Bird’ turkey

(Read detailed recipes and FAQ at www.lat.ms/sO74nK)

1 turkey, 11 to 16 lbs., fresh or frozen (turkey absorbs salt as it defrosts), giblets removed, rinsed inside and out, patted dry

Kosher salt

Sprinkle salt lightly inside the turkey cavity. Turn it on its back to salt the breasts, using most salt on the thickest parts of the meat, the breasts and thighs, salt the turkey all over. Put turkey in the 2½-gallon bag. Squeeze out air and seal.

Refrigerate the bird three days, breast-side up for two days, breast-side down for one day. Massage the salt into the skin daily through the bag. Liquids will reabsorb.

Remove turkey from bag, place it on a platter breast-side up and let dry in the refrigerator for eight hours. Let sit for one hour at room temperature before stuffing (if desired) and cooking. Pre-heat oven to 425 degrees.

Remove turkey from bag, place it on a rack in a sturdy roasting pan (avoid aluminum throwaways) and put in oven. Reduce temperature to 325 degrees after 30 minutes and roast until an oven thermometer inserted into the thickest part of the thigh reads 165 degrees, about 2½ to 3 hours. The turkey will cook faster in a convection oven or if using an oven roasting bag. (Mine cooked once in 1½ hours in a convection oven.)

Remove bird from oven, tent it with foil and let rest 30 minutes before carving.

Skim and discard fat from turkey drippan. (Read detailed recipes and FAQ at www.lat.ms/sO74nK)

Stuffy bird 

BY NICOLE SOURS LARSON | THE BEACON

Nicole’s stuffing

Stuffing — or dressing — is an art, not a science. My ingredients and propor-

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People in the news

Beacon writer earns press club awards

Peninsula Ronkonkoma and sports contributor Scott Hopkins took home five awards in the recent San Diego Press Club “Excellence in Journalism Awards.” Hopkins captured two first-place awards in the non-daily newspaper category. His story about an inventive category. His story of daily newspaper cat-

awards in the non-

Journalism Awards.”

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Pacific Sotheby’s International Realty Welcomes Diane Reichardt

Pacific Sotheby’s International Realty is pleased to announce that Diane Reichardt has joined the Point Loma office as the Branch Manager. “We are thrilled that Diane has joined us,” says President Brian Arrington. “She managed the #1 office on the peninsula from 1996-2008 and brings with her proven skills as a top manager and experienced professional.”

In addition to her professional accomplishments, Diane is active in the Point Loma community. She is the current Vice President of the Peninsula Chamber of Commerce and has served on the Board of Champions in Balboa Park and honored achievements in local newspapers, radio, television and public relations.

has also served as chairman of the Citi- zens’ Fiscal Sustainability Task Force, Big Brothers/Big Sisters, the American Red Cross, numerous investment and audit committees, and is the current chair- man of the San Diego Regional Chamber of Commerce.

For more information, visit www.pointloma.edu/ballfestival.

Local among honorees at Philanthropy Day event

The Association of Fundraising Pro- fessionals San Diego chapter feted a long list of honorees dur- ing its 39th annual

nearly 1,000 community mem-

bers came together to celebrate some of the region’s most generous individu- als and corporations, including Carole Fish of CFE, who was presented the Outstanding Development Professional Award.

This year’s event on 11/11/11 led to the 2011 theme of “One by One” to illustrate the power behind one person, one group, one gesture and the impact of each of these on the community as a whole.

“National Philanthropy Day is always a special reminder of the deep spirit of generosity that is ever-present in San Diego,” said Charlene Pryor, event chair- woman, president and chief executive offi- cer of San Diego Community Foundation; UCSD Foundation; Rady San Diego Moores Cancer Center; Rady San Diego. In 1987, he played a lead- role in the World Championship in the Internation- al Star Class. In 1987, he played a lead-

ning role in the America’s Cup to San Diego.

Also recognized was Vincent Mudd, owner, president and chief executive offi-

cer of San Diego Office Interiors. Mudd has been recognized in the San Diego community for his leadership in entrepreneurship and sustainability.

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She also received second-place honors in feature photography.

In addition to his involvement with the Burnham Companies, Malin has been active as a board member of several major corporations. His present involvements include board member of Sanford/Burnham Medical Research Institute; UCSD Foundation; Rady San Diego Moores Cancer Center; Rady San Diego. In 1987, he played a leading role in the America’s Cup to San Diego.

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Las Posadas Holiday Event Celebrates its 61st Year

Dec. 11 will mark the 61st annual Las Posadas event in Old Town San Diego State Historic Park.

“The Las Posadas procession is a walking reenactment of the biblical story of Mary and Joseph’s search for a birthplace for the Christ Child. Everyone is invited to join the candlelight procession and sing traditional holiday songs in both Spanish and English as the players go from inn to inn, asking for symbolic lodging. The procession culminates with a brief nativity scene in front of Casa de Estudillo as well as a piñata party.

“The event combines the Anglo custom of carving with the Hispanic tradition of the procession and the breaking of the piñata,” said Chuck Ross, owner and operator at Fiesta de Reyes.

“Las Posadas is a long-standing tradition in many Latin cultures and we hope to recreate the same kind of celebratory day that everyone can enjoy.”

The Las Posadas procession will be lead by professional actors in period costume. Everyone is invited to join, but registration is required. A volunteer orientation will be held at 10 a.m. The procession will not be seeking donations, but contributions of canned cranberry sauce or vegetables will be accepted and distributed during the day that everyone can enjoy.

“The event represents a chance for residents to break bread and comfort those less fortunate. For more information, call (619) 886-4275.

HOLIDAY CONTINUED FROM Page 12

portions vary every time. Be creative and experiment. Be sure to taste and correct for flavor. I’ve experimented successfully with a brown flummice based stuffing with vegetables including acorn squash, mushrooms, onions, carrots and garlic. Another year, I added maraschino cherries to my basic recipe—different and delicious.

1 loaf (1 1/3 lbs.) good quality white bread, crusts removed 2-3 days, or a combination of breakfast cereals, muesli, whole wheat or corn bread.

1 large onion, finely chopped About 1/2 lb. mushrooms, thinly sliced 1-2 cups walnuts pieces 2-4 does garlic, crushed 1/3 to 1/2 bunch parsley, finely chopped 1/2 lb. butter, method

Chicken stock (can preferred) Tame, rosamary (fresh preferred), optional

Salt and pepper

Make stuffing the day before. Tear bread into small pieces and place in large bowl. Add onions, garlic, mushrooms, walnuts, parsley and fresh herbs. Add butter and/or chicken stock to moisten stuffing. Add salt and pepper to taste. Gently fold on the salt if stuffing inside dry-brined bird. Refrigerate until use.

Stuff turkey just before baking or bake in a pan, moistened with turkey juices, for 30 minutes at 150 degrees.

Marita’s mandarin orange sweet potatoes

4-6 large sweet potatoes, baked or microwaved, peeled 4 tablespoons butter 6 tablespoons brown sugar, firmly packed 1 cup mini oranges, red or green 1/2 teaspoon cinnamon 1/2 teaspoon allspice 1/2 cup mandarin oranges (or use pre-made pie shells) 1/4 teaspoon ground nutmeg

Pie crust for one 10-inch or two 8-inch pies 1/4 cup granulated sugar 2 tablespoons dark rum 6 tablespoons mandarin oranges 1 cup unbleached flour 3/4 cup coarse or regular ground cinnamon 1/2 cup flour 1/2 cup sugar 1/4 cup cold unsalted butter, cut into small pieces, diced at room temperature 1 cup packed brown sugar pinch of salt 2 teaspoons ground cinnamon 1/4 cup packed brown sugar 1/4 cup cold unsalted butter, cut into small pieces, diced at room temperature

Mix remaining butterscotch chips, reserved mandarin pieces and 2 tablespoons of the orange juice. Spread over hot bird. Bake for 30 minutes at 350 degrees, or until top is brown and crispy. Remove from oven. Serve warm. The perfect place for your party!
Lifting a pen, is how we increasingly pay for life. We are becoming a cashless society. On an airplane, we’re not allowed to use cash, even for a $6 snack. Have you noticed when you get that a refund from a department or specialty store, more often than not you get a plastic card to spend like cash, but rarely get cash! Even my home warranty protection plan gave me a plastic card refund instead of cash. Mer- cedez sent me plastic to tear toward car purchases and more plastic to use toward detailing. We’ve gone from learning to live with no debt to living only with debt. Now I can pay Rotary bills and donations with plastic. I get airline miles for doing so. We are no longer “Pay Go,” we use plastic.

We buy homes on the same concept, Down payments are not real cash, escrow isn’t equipped to deal with it. Monthly payments are paper checks, cash deposits, debt, or interest. In the planning stages is a way to chip us, most likely a finger, such that when passing through airline security, applying for a job, buying movie tickets, gro- ceries, clothes—all will be paid for lifting a finger which will automatically tie to your banking, spending and traveling his- tory right next to your medical history. Your whole lifestyle will be able to be read by lifting a finger, comforting... isn’t it?

That’s in the future. In the past our founding fathers were in favor of Pay Go. Our countrymen fi- gured, paid, and paid their money it took to secure America’s freedom and to pay for the war we fought to keep our country from breaking in two. In 1913 under Woodrow Wilson this concept significantly broke down and has eroded under every President since then. I won- der when Congress is going to take their finger off the “spending button” and move it over to the “create private sector jobs but- ton.” Government jobs are not as helpful to the public weal. We end up paying the salaries, benefits and pensions all the while these jobs create intellectual capital, goods and serv- ices to sell, invent and assemble stuff.

That’s what we need to improve our coun- try’s financial bottom line. A culture’s ability to make and sell stuff is crucial to a healthy economy. We can’t keep perpetuating exist- ing taxes and feared to cover costs and stay a free country. California has a really tough job. It seems like we import illegal aliens and anchor babies as much as any product. They account for over 30% of the people in California, clothes and house in cor- rectional institutions, a large portion of the free education, meals and housing we hand out, and over their lifetime receive much more “free” money from our Gov- ernment then the aging seniors who’ve worked over 40 years all the while paying into the system, hoping to receive some of their investment back over the last 20 years of their lives. The math doesn’t work... it’s a tough job. It seems like we import illegal ity to make and sell stuff is crucial to a...

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Dr. Kenneth Anderson has been practicing family and sports medicine in Pacific Beach for 22 years. Now he is opening his own clinic.

The Anderson Medical Center is located at 1945 Garnet Avenue. The clinic will feature the latest in technology and equipment to handle minor emergencies during the week and 8 a.m. to 4 p.m. on weekends and holidays. Physical therapy will also be available on a scheduled basis. Most insurance will be accepted. For more information you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

Do Your Parents Need a Geriatric Care Manager?

John Hamilton’s mother at 92 lived alone and independently in her home. Even though he visited often, he began to see indications that she needed more help. A friend told him about geriatric care managers and he gave one a call. It was exactly what his mother needed. The care manager arranged for a new hearing aide and a lifeline for emergencies. She took his mother to MD appts. and called and e-mailed him regularly. She arranged a caregiver to come in for several hours to cook her a meal and help with her personal needs.

Geriatric care managers can bridge the gap to allow the elderly to remain independent for as long as possible. Medicare or Medicaid does not pay for this service, sometimes long term care insurance will but John says his peace of mind made the care manager worth the cost.

The RN Care Managers at Innovative Healthcare Consultants can help with referrals, resources and help from a RN experienced in working with seniors. Whether you need long term care for your parent or just a consultation – our nurses are available. Our care managers will be the eyes and ears for your elderly parent.

For more information see our website at www.innovativedc.com or call us at (877) 731-1442.

We have nurses and caregivers throughout San Diego County.

Ask the Audiologist!

Question:

What’s new in hearing aid technology?

Every year, hearing aid manufacturers introduce a new hearing aid that is superior to the previous year’s. Some examples are: improved speech-in-noise technology, feedback managers (to control whistling), cosmetics (smaller hearing devices) and wireless (Bluetooth) capabilities.

Most insurance will be accepted. For more information see our website at Andersonmedicalcenter.com or call us at 858-224-7977.

"Assisting with care needs when you need a little help"

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THE PENINSULA BEACON
THURSDAY · NOVEMBER 17, 2011
COMMUNITY CALENDAR

Park/Panama Plaza Project
Sedona Family YMCA and Silver Gate orders are ongoing to support the Peninsula Community Planning Board.
(619) 224-9897.
For more information, call Helen Kinnaird at www.pcpb.net or go to the library to view the agenda for the forum, visit www.peninsula.ymca.org. Trees will also be available for purchase the day of pickup, but pre-orders are strongly recommended. Tree pickups take place this day. At the boutique, 20 percent of the retail sales will be donated back to Friends of Silver Gate. Crafters can reserve tables by emailing zoefeher32@gmail.com. For tree prices and more information, visit www.sandi.net/silvergate.

SATURDAYS, Dec. 3, 10, 17 and 24
The Ocean Beach Town Council hosts weekly OB Craft fairs at VistaSur Plaza for all your holiday shopping. For more information, call (619) 515-4400, (619) 846-6269, or visit www.obtowncouncil.org.

THURSDAY, Dec. 8
The Rock Academy’s elementary students will present a Christmas program, “Bethlehem or Bust,” about a camel and his friends as they discover the true meaning of Christmas. The program takes place Dec. 8 at 1 p.m. and again on Dec. 9 at 6 p.m. in the Rock Church and Academy Sanctuary, located at 2277 Rosecrans St. Admission is free. For more information, email autumn.cropp@therockacademy.org.

Dec. 13, 15 and 16
The Ocean Beach Town Council brings home for the holidays with its annual community Food and Toy Drive for local disadvantaged families. Volunteers are needed to help with wrapping and sorting of donated items. (Be on the lookout for the Christmas donation cans around Ocean Beach) during this three-day period from 5 to 7:30 p.m. at the Point Loma United Methodist Church, located at 1984 Sun-Set Cliffs Blvd. For more information, call (619) 515-4400, (619) 846-6269, or visit www.obtowncouncil.org.

SATURDAY, Dec. 17
Volunteers will deliver goods from the Ocean Beach Town Council’s annual community Food and Toy Drive to seniors and families from 9 a.m. to noon. For more information, call (619) 515-4400, (619) 846-6269, or visit www.obtowncouncil.org.

SATURDAY, NOV. 19TH!!
2011 San Diego BABY BOOMER & SENIOR EXPO

9AM – 2PM
DEL MAR FAIRGROUNDS
Inside the Activity Center Building
2260 Jimmy Durante Blvd
Del Mar, CA 92014
Parking $9

- FREE ADMISSION!
- Free Health Screenings!
- Financial Planning Workshops!
- Mini Job Fair!
- Massages/Beauty Makeovers!
- Exceptional Speakers to include Social Security Administration, Congressman Bob Filner, AARP, Alzheimer’s Association & Wealth Preservation LLC!
- 60+ Vendors w/ Great Items For Purchase!
- 1000’s of Dollars in Prizes & Giveaways!
- AND MUCH MORE!!!

If you’re 50 and up, you don’t want to miss this event! Pre-register for a chance to win a 3-year membership to Ancestry.com!
www.GoldenFutureSeniorExpo.com

SPONSORS INCLUDE: AARP, Alzheimer’s Assoc, Mount Miguel Covenant Village, American Lung Assoc, Elder Help of SD, KCEO AM, Congressman Bob Filner & Congressman Mark Wyland!
*The Del Mar Antique Show is on the same day, you can attend both!*
OPEN HOUSES

LA JOLLA
Sat & Sun 1-4pm 6229-55 Dowling Dr. 4BR/2BA 798,000  Mike Schroder 858-439-0300
Sat & Sun 1-4pm 5410 Avenida Ave 4BR/4BA 895,000  David Schroder 858-439-0300
Sat & Sun 1-4pm 5412 Thunderbird Lane 4BR/4BA 1,360,000  Jeff McMenemy
Sat & Sun 1-4pm 5453 Parkview Dr 4BR/4.5BA 1,365,000-1,425,000  Vincent Crudo 858-518-1236
Sat & Sun 12-3pm 7128 Country Club Dr 2BR/2BA 524,500  Jim Parker 858-750-9477
Sat & Sun 1-4pm 5513 Chelsea 2BR/2BA 2,699,900  Laleh 858-774-2018
Sat 11:30-4pm & Sun 1-4pm 876 Armada Terrace 5BR/4BA 2,275,000  Robert Realty 619-852-8827
Sat & Sun 1-4pm 5519 Chelsea 2BR/2BA 8,725,000  Ted Ivanoff 619-726-3434

PACIFIC BEACH / MISSION BEACH / CROWN POINT
Sat & Sun 1-4pm 1369 Hornblend St 3BR/2.5BA 529,000  Kathy Evans 858-488-7355
Sat & Sun 1-4pm 4627 Ocean Blvd. #221 2BR/2BA 675,000  Kathy Evans 858-488-7355
Sat & Sun 1-4pm 4075 & 4080 Marrell St. 2BR/2BA 736,000  Kathy Evans 858-488-7355
Sat & Sun 1-4pm 1056 Chaloner St. 3BR/3.5BA 749,000  Kathy Evans 858-488-7355
Sat & Sun 1-4pm 2033 Oliver 41/2 2BR/2BA 285,000  Monica Mathews 619-397-9447
Sat & Sun 1-4pm 5199 San Acunto Dr 4BR/2BA 1,130,000  Antonette Hamilton 619-862-2736

POINT LOMA / OCEAN BEACH
Sat & Sun 11-4pm 885 Armsana Terrace 2BR/2BA 595,000  Robert Realty 619-852-8827
Sat & Sun 11-4pm 361 Armsana Terrace 1BR/1BA 1,165,000  Cindy Wing 619-223-9464
Sat & Sun 11-4pm 4270 Loma Rivers Lane 3+2BR/2.5BA 365,000  Tami Fuller 619-226-8264
Sat & Sun 11-4pm 5097 West Point Loma Blvd. 2BR/2.5BA 395,000  Tami Fuller 619-226-8264
Sat & Sun 11-4pm 2117 Mission St. 3BR/2BA 549,000  Cindy Wing 619-223-9464
Sat & Sun 1-4pm 3225 Mount St. 3BR/2BA 675,000  Daniel Torres 619-817-8146
Sat & Sun 1-4pm 3718 Reagression Ave. 4BR/2BA 985,000  Cindy Wing 619-223-9464

BAY PARK
Sun 1-4pm 1995 Erie St. 4BR/3.5BA 669,000-725,000  Tami Fuller 619-226-8264

ENCINITAS
Sat & Sun 1-4pm 324 Calle De Sosnov 4BR/2BA 950,000-1,075,876  David Schroder 858-439-0302

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THURSDAY, NOVEMBER 17, 2011 19
Local Expertise. International Reach.


Pauline Lim-Endresen  619.995.3663 & Bjorn Endresen  619.358.3458

From the manicured yard to the gleaming hardwood floors, the 3BD/2BA/2BA/1800SF beauty is picture perfect. Open floor plan for entertaining. Kitchen features new cabinets with glass display, granite countertops and opens to the dining area. Huge master bedroom suite with private bath, walk-in closet and second remodeled closet. Garage and storage room. Centrally located Point Loma location. 21717 Wabash Court. Offered at $549,000

Cindy Wing  619.223.WING(9464)

Almost ½ acre of bay views is in a great Point Loma neighborhood. Walk to America’s Cup Harbor! Minutes to Airports and Downtown, out of traffic path. Build your dream estate or upgrade current very nice ½ and build a second one. Options and Opportunities! Offered at $1,144,000

Patti Adams  619.887.9313

Coming Soon!

Live on the Point with San Diego Bay as your backyard! This newly constructed La Playa residence features an open and spacious floor plan with 3+ bedrooms, 4.5 baths, large entertaining terraces, an elevator, 2-car garage and awesome views. Offered at $1,650,000

Starron Bythewood  619.227.4465

Panoramic ocean/bay and city views to the west, south and north! Rarely available 28th floor west facing 1944 of unit at the Grande N. Luxury condo complex with floor to ceiling triple pane glass. 3BD/3BA, 3 bathrooms, cherry wood floors, fireplace, office/den, dining area, breakfast nook, joined sub. Offered at $1,519,000

Marlene Abbott  619.301.2452

Classic California Spanish View Estate. Situated on over a ¼ acre of beautifully landscaped usable land with amazing bay, marina and downtown views. Close to downtown and San Diego international airport. Please visit our virtual tour at www.PointLomaPointEstate.com. Offered at $2,950,000

Garry Scoby  619.301.1985 & Lance Corrella  619.564.6355

Almost ½ acre of bay views is in a great Point Loma neighborhood. Walk to America’s Cup Harbor! Minutes to Airports and Downtown, out of traffic path. Build your dream estate or upgrade current very nice ½ and build a second one. Options and Opportunities! Offered at $1,144,000

Patti Adams  619.887.9313

Welcome home! This charming family home has all the comforts and views! An inviting living room, a fabulous gourmet kitchen wi large center island & Dacor 6 burner gas stove! Beautifully remodeled oak floors downstairs. Master suite wi spacious sitting area & separate office. Walls of windows let in plenty of natural light & slow on to enjoy views of the city, bay & ocean. Spectacular view deck to enjoy sunsets & ocean breezes. Offered at $1,049,000

Tracy Nicole Trescarr  619.957.2946

Welcome home! This charming family home has all the comforts and views! An inviting living room, a fabulous gourmet kitchen wi large center island & Dacor 6 burner gas stove! Beautifully remodeled oak floors downstairs. Master suite wi spacious sitting area & separate office. Walls of windows let in plenty of natural light & slow on to enjoy views of the city, bay & ocean. Spectacular view deck to enjoy sunsets & ocean breezes. Offered at $1,049,000

Tracy Nicole Trescarr  619.957.2946

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